

Scenario: You are a Victim Advocate that is becoming stressed. You are talking to another VA about what to do.

VA #1: Are you okay? You seem to be a million miles away.

VA #2: I'm just so overwhelmed. I don't know what to do.

VA #1: What's going on?

VA #2: I've been working with this victim who is very needy. Emotionally I'm not sure I can handle it for much longer.

VA #1: Have you talked...

VA #2's phone rings

VA #2: Oh no....not again. Excuse me a minute.

VA #2 steps off to the side.

VA #2: Hello?

V: Hi. It's me. Where are you? I'm at your office, but you're not here.

VA #2: I'll be back in the office in a little while. Is everything okay?

V: I guess. I just wanted to talk to you some more.

VA #2: We can set an appointment for after lunch.

V: Okay. I'll come back to your office at 1230.

VA #2: Okay. I'll see you then.

VA #2: I'm sorry about that. She calls about 20 times a day.

VA #1: You gave her your personal cell phone number?

VA #2: Yes. I know we're not supposed to. But we don't have a government cell, so how are they supposed to get in touch with us outside of duty hours? It's not like issues only arise during duty hours.

VA #1: I understand that. But there is a reason that we aren't supposed to give out our personal numbers. Have you discussed it with the SARC?

VA #2: Not yet. I just feel so bad. I'm the only person she trusts right now.

VA #1: But you have to take care of yourself too. You should (phone rings again)

VA #2: Excuse me again.

VA #2: Hello?

V: hello. I know we have an appointment set up at 1230, but I was wondering if we could go to lunch together before that.

VA #2: I'm sorry, but I really can't.

V: But I hate to be alone. Please?

VA #2: I'm sorry, but I really can't. I'll see you at 1230.

V: Okay. I'll see you then.

VA #1: You really need to talk to the SARC. Maybe she can help you get the victim some other avenues of help.

VA #2: You're right. I'll call her this afternoon.